
Slow-Cooker Buttermilk Grits

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Servings: 6

Preparation Time: 10 minutes

Start to Finish Time: 3 hours 10 minutes

Slow Cooker: 3 hours

NOTES: Three Secrets to Great Grits

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ADD RICHNESS: Cook the grits in a mixture of water and heavy cream (or milk) for the tastiest results. When they're done cooking, stir in a bit more cream and, of course, butter.

SEASON WELL: Add salt to the cooking liquid before you whisk in the grits to make sure they are flavored through and through. Taste the cooked grits, and add more salt if necessary.

SKIM: Once you add the grits to the liquid, use a spoon or a small mesh strainer to remove the bits of husk that float to the top. They will not soften as they cook and can ruin the texture.

5 cups water

1 1/2 cups uncooked stone-ground grits

2 teaspoons Kosher salt

3/4 cup whole milk

2 tablespoons unsalted butter

salt (to taste)

pepper (to taste)

TOPPING GROUP I

scrambled egg

cubed ham

shredded cheddar cheese

halved cherry tomatoes

chopped fresh chives

TOPPING GROUP II

fried egg

cubed chorizo

cubed avocado

crumbled queso fresco (fresh Mexican cheese)

hot sauce

TOPPING GROUP III

poached egg

crumbled bacon

saute'ed spinach

shaved Parmesan cheese

In a five-quart slow cooker, stir together the water, grits and Kosher salt. Let stand for 2 minutes, allowing the grits to settle to the bottom. Tilt the slow cooker slightly. Skim off the solids using a fine-mesh strainer.

Cover and cook on LOW until the grits are tender and thickened, about 3 to 3-1/2 hours.

Stir in the buttermilk and butter.

Add salt and pepper to taste.

Serve with one or more of the Topping Groups on the side.

Side Dishes

Per Serving (excluding unknown items): 53 Calories; 5g Fat (81.6% calories from fat); 1g Protein; 1g Carbohydrate; 0g Dietary Fiber; 14mg Cholesterol; 648mg Sodium. Exchanges: 0 Non-Fat Milk; 1 Fat.